

JANUARY 2017

DELIVERED MONTHLY TO 3,150 HOUSEHOLDS

CROSSROADS CONVENOR

THE OFFICIAL VISTA HEIGHTS, BELFAST, MAYLAND HEIGHTS COMMUNITY NEWSLETTER

Photo by Mark Windsor



www.crossroadscommunityassociation.com

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Learning Opportunities Ahead

Talking About Dementia with Dr. David Hogan

Gain a better understanding of Alzheimer's disease and related dementias. Dr. David Hogan will lead an informative presentation and answer some questions from the audience. As a local expert on dementia, Dr. Hogan is the Medical Director of the Cognitive Assessment Clinic and holds the Brenda Strafford Foundation Chair in Geriatric Medicine at the University of Calgary. The Alzheimer Society of Calgary will also share information on the programs and services available to help you.

This is a fantastic opportunity for people looking to learn some excellent, introductory information about Alzheimer's disease or related dementias, or who may be searching for additional support, resources, hope and inspiration. There is no cost to attend but registration is required.

Saturday, January 28th 10 a.m. – 12:00 p.m.

Delta Calgary South (135 Southland Drive SE)

Register today

Visit www.alzheimercalgary.ca

Call (403) 290-0110

Email info@alzheimercalgary.ca

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CROSSROADS COMMUNITY ASSOCIATION

(Vista Heights, Belfast, Mayland Heights)
 Mailing address and community hall location:
 1803 14 Avenue, NE
 Calgary, AB T2E 1G4

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The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

Great News Publishing and Crossroads Community Association does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
OTHER	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403-237-0654

PRESIDENT'S MESSAGE



Happy 2017 Crossroads!

A new year always brings fresh beginnings. We had a remarkable 2016 together and hope more of you will join us in 2017. Our board has a few vacancies that need to be filled. Check out the roster and reach out if you feel inclined to belong to our great

group of directors and executive. It will be an exciting year to be a part of. I hope you will consider joining us at our next community meeting. There are usually many great conversations on how we can make Crossroads even better.

Join our Scouts at a new fundraiser called Scout Gala. This should be an outstanding night. Come and check out our family movie night on the 13. Our entertainment committee has done a remarkable job in making this the highlight of the month for many families. Don't forget to bring your membership to receive a special thank you gift!

If you are 50 plus please consider joining our 50 plus group. They have great things in their future as we bring new programs into the hall. We had another sold out craft fair and had to open up both the main hall and Multi-Purpose room.

What a wonderful Winter Festival we had on December 4th. Huge crowds enjoyed games, card making, sleigh rides and the man in the big red suit. Thanks to all the wonderful volunteers who made this a special day in our community. We look forward to our next big festival in May as the Cultures of the world descend on Crossroads to share food, song and sport. Get in touch with us if you'd like to be involved.

Our back lane campaign is ongoing. Many of you may have had a visit from the Fire Department offering house numbers for the back lanes. Did you know that it's the law to have your house number in your back lane as well as the front of your house for your safety? Emergency services may save a life if your number is visible in your alley way. We are here to help you with that. We have numbers at the Community hall you can pick up to mark your garage or back fence. You can stop by during



business hours Monday, Wednesday and Thursday 9 am to 1 pm, and we try our best to have them at events. Try popping by a General meeting and we would be glad to help you. Did I mention they are free?

Our local youth centre sent 20 youth to the new Star Wars Rogue One film in December. Last year when the same fabulous donors (via Kids up Front) rented a theatre for The Force Awakens, they received some nice press for the centre and Kids up Front and even a Tweet from Mark Hamill. If you saw any Storm Troopers around the neighbourhood they were likely visiting the Cornerstone Youth Centre.

For those of you at Belfast, another great set of plays were well attended in December. It is the highlight of the social calendar for elementary school families. Our schools are the pride of our community.

We have a fundraising Casino on January 15 and 16. If you'd like to help us out and volunteer, call the hall at 403-277-6201.

Thanks to everyone who donated to the Mayors Food drive in December. We sent a substantial amount of cash and food. Way to go Crossroads. Let's keep up that generosity. Shovel a walk, dig out a stuck driver, wave to a stranger, give to a cause dear to your heart and above all help make your area of the world a better place.

CROSSROADS Community Association

Community hall manager Tracey Cairns
Office hours: Mon/Wed/Thurs, 9 am to 1 pm
Office phone: 403-277-6201
Kitchen phone: 403-276-3818
Fax: 403-277-6205
Email: crossroadscommunity@shaw.ca

Newsletter submissions

convenor.editor@gmail.com, Stacy McGuire

History Book

403-601-5141, Jerry Rourke

Like us on Facebook

[https://www.facebook.com/groups/](https://www.facebook.com/groups/118048868249237/)

118048868249237/

Follow us on Twitter @CrossroadsComm

For more information, visit

www.crossroadscommunityassociation.com

Blockwatch Volunteers Required!

Contact 403-276-6203 for more information

EXECUTIVE

President	Larry Leach	crossroadspresident@gmail.com
1st Vice President	Inga McLean	
2nd Vice President	Vacant	
Treasurer	Marilyn Johnson	
Secretary	Beth Jamieson	execsecretary@gmail.com

DIRECTORS

Jeremy Smith -	Community Garage Sale Committee
Stacy McGuire -	Newsletter Committee
Brijbala Bakshi -	Entertainment Committee
Paul Gardham -	Airport noise Committee
Jeannette Leach -	Membership Committee
Jason Pare -	Development and Planning Committee
Courtney Clark -	Preschool Committee
Dee Jackson -	Facilities Committee
Michelle McDonald -	Vista Heights Action Committee
Tara Pasveer -	Grants Committee
Sandy Johnson -	Bingo Committee

CROSSROADS COMMUNITY BLOCK WATCH ASSOCIATION BOARD OF DIRECTORS

OFFICERS

President:	Joyce Gardam	403-276-6203
Vice-President:	Brad Clarke	403-230-2058
Treasurer:	Vicki McNeill	403-276-3603

DISTRICT CO-ORDINATORS

Vista Heights	(Geo Code 3204)	Trevor Befus	403-262-2545
Belfast	(Geo Code 3205A)	Marilyn Fehr	403-276-6646
Belfast	(Geo Code 3205B)	Jim Johnson	403-277-0841
Mayland East	(Geo Code 3206A)	Marlene Stevens	403-276-7466
Mayland East	(Geo Code 3206B)	Linda Then	403-276-6507
Mayland East	(Geo Code 3208)	John Abramchuk	403-276-6025
Mayland West	(Geo Code 3207)	Brad Clarke	403-230-2058
Vista Heights	Trevor Befus	(Geo Code 3204)	Vista Heights
Mayland West	Marilyn Fehr	(Geo Code 3205A)	Belfast
	Jim Johnson	(Geo Code 3205B)	Belfast
Mayland East	Marlene Stevens	(Geo Code 3206A)	McKinnon Dr. - N
	Side 8 Ave. 19 St. E Side - W Side	Mayland Dr.	
Mayland East	Linda Then (Geo Code 3206B)	McKinnon Dr. N to N	
	Side 8 Ave. - E Side	Mayland Dr. - Barlow	
Mayland East	John Abramchuk (Geo Code 3208)	19 St. E Side to Barlow	
Mayland West	Brad Clarke (Geo Code 3207)	19 St. West Side	8 Ave. S. - 3 Ave.

Scouts Gala

Mark your calendars! We are excited to present our Scout Gala on February 25, 2017 (formally the Spaghetti Dinner). Please call James or Marilyn at 587-354-0272 for tickets.



50+ Club open to new members

The Crossroads Community Association 50+ Club is seeking new members. Are you interested in getting out of the house to socialize with others and play games? Club members meet every Monday from 6 to 10 pm at the Community Hall. For more information, call 403-277-6201.

Give new life to your Christmas tree

Turn your real Christmas tree into useful mulch instead of garbage through The City's Christmas Tree Recycling program.

This year The City's Christmas Tree Recycling program will be drop-off between December 26 and January 31. The nearest drop-off location for Crossroads is at *Bottomlands Park by George's Drive and 7 Avenue, NE*.

The trees should be free of lights, ornaments, tinsel, tree stands and string, and should not be wrapped or bagged.

Mulch from recycled Christmas trees will be available to residents at no cost at the East Calgary landfill, while quantities last.

Free Movie Night

Where can you go for an evening of fun at no charge? Movie night! Bring a pillow and blanket and join us in the main hall on Friday, January 13 at 7 pm. Movies nights are held at the community hall located at 1803 14 Avenue, NE.

Community Meeting

See what is happening in your community! Join us on the first Sunday of the month at 7 pm for community meetings (except on holidays). The next community meeting is on Sunday, January 8, 7 pm at the community hall, 1803 14 Avenue, NE.

Community garden planning kicks off this January

The Vista Heights Communal Garden Group is having their first planning meeting of the year! Mark your calendars for January 16, 2017 at 7 pm. Do you have a green thumb? Do you have a brown thumb you would like to be green? Are you keen on growing your own food? Well come on out and meet some like-minded people. We will be reviewing memberships and welcoming new participants. If interested please contact Rikki Schlosser at rikki@schlosser@shaw.ca. Meeting location is TBA at this point so please contact Rikki or check out our Bulletin Board at the Vista Heights School for updates.

**FEB. 9 – 12
CALGARY BOAT AND
SPORTSMEN'S SHOW AT
STAMPEDE PARK BMO CENTRE**

The Calgary Boat and Outdoors Show is Southern Alberta's Biggest and Best Boat and Outdoors Show! More info www.calgaryboatandsportshow.ca



**FEB. 25 – 26
2017 ISU WORLD SPRINT SPEED
SKATING CHAMPIONSHIPS AT
OLYMPIC OVAL**

The Organizing Committee Calgary will be hosting the 2017 ISU World Sprint Speed Skating Championships at the Olympic Oval from Feb. 25-26. More info www.speedskating.ca



**UNTIL APRIL 30 SHOWCASE:
TOM COCHRANE AT NATIONAL
MUSIC CENTRE**

See important artifacts in Cochrane's acclaimed career, including the 1963 Gretsch guitar, used by Cochrane in the music video for 1988 single "Big League". More info www.studiobell.ca



FEBRUARY

**YOUR COMMUNITY/CITY EVENTS
AT A GLANCE...**

Feb. 8 This Is That Live at Jack Singer Concert Hall

Hot on the heels of a new season of radio and a string of viral videos Pat Kelly and Peter Oldring are hitting the road with a new version of their popular live show - This Is That LIVE! If you have ever been curious how just two guys provide all the voices for this completely improvised radio comedy, well this is the show for you. Tickets and info www.artsccommons.ca

Feb. 11, 25 D&D Meet-up at The Sentry Box, Upper Mezzanine, 10 am – 5:30 pm

Whether you're a seasoned player or just curious about this type of role playing game, this D&D meet-up could be for you. Join this group who are dedicated players and welcome everyone, and with multiple ongoing campaigns new dungeon masters are encouraged to step up as well. More info <http://dnd.meetup.com/157/about/>

Feb. 14 – 25 Skylight at Theatre Calgary

On a crisp London evening, two former lovers from vastly different worlds find themselves locked in a dangerous battle of opposing ideologies and mutual desire. At times deeply personal, at times shockingly confrontational, this is one of the greatest intimate plays ever written. Watch, up close, as the embers of a broken relationship spark, ignite, and illuminate exciting possibilities. Tickets and info www.theatrecalgary.com

Feb. 24, 25 Winefest at Stampede Park BMO Centre

2016 Winefest Calgary was a delicious success! Attendees were afforded the opportunity to sample hundreds of red, white, port, sparkling, fruit and dessert wines from 15 different countries! To complement the delicious sips a selection of palate pleasing hors d'oeuvres will be served, along with a variety of tantalizing bites available from local businesses! Tickets and info www.celebratewinefest.com

Feb. 25 Coldest Night of the Year Walk Fundraiser at various Canadian cities

Walk with us on the Coldest Night of the Year, a super-fun, family-friendly fundraiser that raises money for the hungry, homeless, and hurting across Canada. Coldest Night of the Year 2017 officially launches on December 1, 2016, but you can register now! You'll see more and more features magically appear on the site as we get closer to launch. More info and registration www.canada.cnoy.org

The Good Food Box Mission

DID YOU KNOW? Phoenix Foundation is our Crossroads Good Food Box Depot?

The Good Food Box makes top-quality, fresh food available in a way that does not stigmatize people, fosters community development and promotes healthy eating.

What is the Good Food Box?

The Good Food Box (GFB) is a program under the Community Kitchen Program of Calgary whereby you can purchase fresh fruits and vegetables at a very low cost. The Good Food Box is a hands-up program as opposed to hands-out. We offer all Calgarians' sustainable access to nutritious food to ensure that no one has to go hungry. The boxes are put together and delivered by dedicated volunteers who along with The Community Kitchen desire to see individuals and families accessing affordable nutritious food.

BOX OPTIONS

- Small Box: \$20, 20-25lbs* of fruits and vegetables
- Medium Box: \$25, 30-35lbs* of fruits and vegetables
- Large Box: \$30, 40-45lbs* of fruits and vegetables



This is My Neighbourhood @ Did You Know?!

Visit Calgary.ca/snow for information on current snow & ice clearing efforts, safe shovelling practices, and community snow clearing programs

FREE salted gravel is available for pick-up to help with snow and ice on public sidewalks

- The free salted gravel is distributed on a first-come, first-served basis
- Please bring your own container to fill
- Only take one container-full of gravel per visit
- Contractors are not permitted to take free gravel for work-related efforts
- This mixture falls under The City of Calgary's Road Salt Management Plan. It adheres to Environment Canada's Code of Practice for the Environmental Management of Road Salts

SANDBOX LOCATIONS:

- Fire station #12 - 123 44th Street S.E., (on South West corner)
- EMS station #4 - 16 Moncton Road N.E., (North West side of building)
- Fire station #22 - 7199 Temple Drive N.E., (on South West corner)
- Fire station #32 - 800 Saddletowne circle N.E., (North of station)
- Road Maintenance District 8 - 840 32 Avenue Connector N.E.



Residents are required to remove ALL snow and ice from their sidewalks and/or pathways 24 hours after the snowfall

- Within 24 hours **after snow stops falling**, all snow and ice must be completely removed from City pathways and sidewalks. Please see below for definitions of a sidewalk and pathway.
- Owners and occupants of a home are responsible for removing snow and ice from the pathways and sidewalks in the front or to the side of their property.
- All snow and ice must be removed down to the bare surface of the sidewalk or pathway.
- Snow and ice must be removed from a City pathway or sidewalk that runs parallel to or directly adjacent to a street, even if it is separated by a boulevard.
- If you own a rental property, you are ultimately responsible for ensuring the sidewalks and pathways are cleared.
- The owner or occupant of land adjacent to a sidewalk must remove all snow and ice. Those adjacent to a pathway must remove snow and ice for a minimum width of 1.5 meters from the side of the pathway closest to their property.

A **sidewalk** is that part of a street set aside specifically for pedestrian use.

A **pathway** is a multi-purpose thoroughfare used by pedestrians, cyclists and persons using wheeled conveyances such as skateboards.

Warning Notices

If you receive a Warning Notice for failure to remove snow and ice from a sidewalk or pathway and do not remove it within 24 hours The City of Calgary work force will be instructed to carry out the work and the cost will be invoiced to the property owner. Failure to pay this will result in the cost being added to the property taxes.



To order you must pre pay, cash only. The next order needs to be in to Phoenix by 2 pm January 17, with pick up on January 27.

For more information phone (403) 265-7701 or email frontdesk@phoenixfoundation.ca.

A Look Back

by Jerry Rourke



Welcome back everyone to Part 30 of our historic feature in the Crossroads Convenor. Every month we will feature an excerpt from our **Journey Through the Crossroads** history book. Last month we looked at a history of our churches. This

month we will look at a new story on the early maps of our community.

Old Maps of Our Community

Before settlers came to Calgary, the Native Americans of the Blackfoot Nation and the Tsuu T'ina (Sarcee) dominated the area. In 1875, Police Inspector Ephrem Brisebois brought his "F" division in from Fort Macleod and established the first settler camp along the Bow River. Colonel Macleod named the fort "Calgary" in 1876 after a Scotland area on Isle of Mull called Calgary Bay. The Gaelic meaning is "clear running water". Calgary then became a town in 1884, when there were 1000 people living in the area. Along with the "F" division, many Metis came to help build a fort. It was some of these first people that settled in Calgary and the area known as Morris Place and Belfast.

When the land was surveyed, it was sectioned off and divided into quarter sections. The 1883 map on the next page lists the first three men to set up a place of residence in our area. Cuthbert McGillis settled along the Bow River and Nose Creek in the northwest corner of section 13. Cuthbert was head of his Metis colony and was described as,

** A gigantic, curly-headed, splendid specimen of physical humanity he was, ever ready to fight anybody, but the friend of everybody, a life-long plainsman and genuine Buffalo eater.*

He was born on December 22, 1822 and he died on June 23, 1906. His property was then split up into the Mcdonald's Estate and Morris Place when Calgary annexed the land in 1910.

**In the Days of the Red River Rebellion-John McDougall, 1983*

The Crossroads Community is composed of many sections of land including the north half of section 13, sections 24, 25 and 36, the east half of section 35 and a part of the northwest corner and half of the northeast corner of section 26. Under the Dominion Lands Act, once Crown land had been surveyed and officially declared available for settlement, individuals could apply to homestead a quarter section (160 acres) of their choice. Then, after paying a \$10 filing fee and 'proving up' their homestead claim (occupying the land for at least three years and performing certain improvements, including building a house and barn, fencing, breaking and cropping a portion of the land), the homesteader could apply for patent (title) to the land.



1883 map of our Community
Courtesy of the Glenbow Library

Most of the other subdivisions in the area were not commonly known in the early years and most residents knew the area from East Lynne, Avondale, Kitsilano, Fairview and Morris Place as "Belfast". The map below shows how the different communities were laid out at the time. You will notice that the streets are all drawn in, even though most of the land was wide open prairie until the late 1950s.



1913 Map of Northeast Calgary (Crossroads Community).
Courtesy of Glenbow Library

The name of "Belfast" was named after the famous city in Ireland. The residents have a strong sense of community

and are very proud of their history. The name still lives on in the local elementary school even though city officials and local real estate now list it as part of Mayland Heights. Belfast is the only community name to remain after the development of the 1950s. As a tribute to the people who lived here and their descendants who return, we continue to keep the "Belfast" name intact.



1958 Map of Belfast
Courtesy of the City of Calgary Archives



Old 1950s Calgary Map
Courtesy of Larry Leach

Mayland Heights Brochure
Courtesy of Bob Smith

I welcome new stories to our feature. Does anybody remember the old mink farms at the end of 14th Avenue? How about the old greenhouses? Does anyone have new stories and pictures of the Mayland family? For submissions, or to get a copy of the 50th Anniversary book contact the Hall office at 403-277-6201 or contact Jerry at jrourke1@shaw.ca or 403-601-5141.

Join me next month for another installment of A Look Back, our "Journey Through the Crossroads" feature.

JANUARY MOON CALENDAR

 <p>First Quarter Jan 5</p>	 <p>Full Moon Jan 12</p>	 <p>Last Quarter Jan 19</p>	 <p>New Moon Jan 27</p>
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Calling All BABYSITTERS


Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.





Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.



There is no single cat called the panther. The name is commonly applied to the leopard, but it is also used to refer to the puma and the jaguar. A black panther is really a black leopard.

ANIMAL TRIVIA



ONLINE SAFETY MANAGEMENT SYSTEM

"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

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safetysync.com

403.668.6402

A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.

IN & AROUND CALGARY

EMS: Sledding Safety

Alberta Health Services EMS would like to remind parents and children of some basic sledding safety tips as the winter season continues. Sledding injuries can result from collisions with stationary objects, such as trees and rocks, or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Have a fun and safe trip on the toboggan hill by following these simple reminders:

Equipment

- Always ensure your toboggan or sledding device is in good repair. Inspect it for any damage, or missing parts before each use;
- Be certain the operator is fully capable of staying in control of the sled at all times;
- Children should wear a properly fitted helmet designed for other high impact sports such as hockey, cycling, or climbing.

Plan ahead

- Dress warmly in layers and anticipate weather changes;
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones;
- Take breaks to warm up out of the cold;
- Attempt to cover exposed skin from the elements;
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheeks may be affected by the cold;
- If a cold-related emergency has occurred, treat it by first removing the individual from of the environment;
- Gently warm the affected skin by placing a warm hand over it or by placing the affected part in warm water (~41°C max.) until re-warmed.

Hazards

- Avoid hills that are too steep, or too icy – you can lose control very quickly;
- Choose hills free of all obstacles such as trees, rocks, utility poles, or fences;
- Beware of loose clothing (i.e. scarves), or clothing containing drawstrings which can present a choking hazard if they become caught or snagged.



Women's English and Social Group

Improve your spoken English and meet new women in your community with the New Friends and Neighbourhood Groups program. Drop in at one of our weekly groups throughout the city. No cost, no immigration requirements and no minimum English requirement. Free childcare provided for children 6 months to 6 years old. Visit www.ciwa-online.com for group locations and times or contact Debra Colley at 403-444-1752 or debrac@ciwa-online.com.

BRAIN GAMES SUDOKU

9			6			4		5
	8			7				6
						3	8	
	9		1	2	3			
3								2
			5	9	8			3
	7	2						
4				5				1
6		5			7			8

FIND SOLUTION ON PAGE 15

REAL ESTATE COUNCIL OF ALBERTA



Ask Charles

I'm selling my home, and the potential buyers also want to use my real estate professional to represent them. Is that allowed?

To submit a question, email askcharles@reca.ca.

Yes, that's allowed. The situation you're referring to is called transaction brokerage. Transaction brokerage is a service option when your real estate professional represents a buyer client interested in purchasing the property in which you are the seller client. The reverse is also true – transaction brokerage is a service option when you're interested in buying a property and the property's seller is also represented by your real estate professional.

When a real estate professional works on behalf of only one client in a transaction – the buyer or the seller - they have legal responsibilities, which include:

- undivided loyalty to their client
- acting in their client's best interest at all times
- the duty to avoid conflicts of interest
- the duty to disclose conflicts of interest when they arrive.

Transaction brokerage changes the services your real estate professional is able to provide to you and to the other party in the transaction. A real estate professional who is working with both the buyer and the seller in a transaction cannot fulfill all of their legal responsibilities because there is a conflict between the best interests of the buyer and those of the seller. The buyer wants to pay as little as possible for the property, while the seller wants to sell their property for the highest possible price. It is impossible for a real estate professional to advocate for and represent the best interests of a buyer client AND seller client in the same transaction.

This is when and why transaction brokerage becomes an option. In transaction brokerage, the real estate professional will provide facilitation services to you and the other party. These services include:

- helping the buyer and seller negotiate an agreement
- giving the buyer and seller property statistics and information, including comparative information from listing services and local databases
- providing and preparing agreements of purchase and sale, and other relevant documents according to the buyer and seller's instructions

A transaction facilitator has to treat both parties in an even-handed, objective, and impartial manner. They must remain neutral, not advocate for either you or the buyer, and they cannot provide confidential advice.

Before a real estate professional proceeds with transaction brokerage, both the buyer and the seller need to provide their informed consent by signing an *Agreement to Represent both Buyer and Seller*. Informed consent means each client understands the facts, implications, and future consequences of providing their consent. You do not have to consent to transaction brokerage. If you don't consent to it, or the other party doesn't, there are other options available to you such as seeking representation from a different real estate professional.

"Ask Charles" is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), www.reca.ca. RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta.

Happy New Year!



We hope you have had a great holiday! We have had a fun and exciting season around the shelter with many animals finding wonderful new homes. It is hard to believe we are already a few days into a brand new year!

New Year resolutions are a popular tradition for many people, but did you know there are great ways to get your dog in on the fun too? This year, consider helping Fido resolve to master these five important life skills:

- 1. Reliable recall** – One of the most important skills for dog safety, a reliable recall is a call to return to you that works the first time, every time. This skill can be a challenge, but mastering it just might save your dog's life.
- 2. Serene sitting** – Learning to sit quietly and calmly is a great life skill that can be used to replace many unde-

sired behaviours like barking at the door or jumping up.

3. Waiting patiently – If your dog bolts out of doors or cars in excitement teaching Fido to wait could save your shoulder and protect Fido from injury. This skill will reinforce to your dog that GREAT things come to those who wait!

4. Leave it – In our homes dozens of dangerous things, from prescription medication to toxic foods, can be accidentally dropped onto the floor. Teaching your pooch to 'leave it' gives you time to pick up the dangerous item and trade it for your puppy's favorite treat.

5. Trading up – A vital skill for every dog, the ability to trade items of 'value' (bones, toys, pilfered trash etc.) to you in exchange for something even better (high value treats and praise) will allow you to remain the 'bringer of great things', even when you have to enforce the rules.

Training these five skills can seem like a big undertaking, but as with all goals patience and persistence are key. Spending a little bit of time on training each day will exercise your dog's mind and have a huge payoff down the road too! Looking for some help in creating a class or choosing a training class? Does Fido have a tricky behaviour you want to add to your training list this year? Give our FREE behaviour helpline a call at 403-723-6018 to discuss options!

Geography Trivia

The Great Lakes contain 6 quadrillion gallons of fresh water, one-fifth of the world's fresh surface water. The Great Lakes are the largest group of freshwater lakes in the world.



IN & AROUND SCHOOLS

Vista Heights School Council and Enhancement Society

Parents/guardians of students attending Vista Heights School, please mark the second Tuesday of each month on your calendar. Attending meetings is a great way to stay in touch with what is happening in the school, see how money raised from the casino fundraiser is being spent and to meet teachers and fellow parents. Come and join the conversation! Meetings start at 6:30 pm and are held at Vista Heights School. The next council meeting date is January 10th.

Pub Night for January

Start the New Year right by meeting your neighbours for an evening of fun at pub night on Friday, January 27. Join us in the upper hall at 1803 14 Avenue, NE beginning at 7 pm.

BRAIN GAMES SUDOKU

9	2	3	6	8	1	4	7	5
5	8	4	3	7	9	1	2	6
1	6	7	2	4	5	3	8	9
7	9	8	1	2	3	5	6	4
3	5	1	7	6	4	8	9	2
2	4	6	5	9	8	7	3	1
8	7	2	4	1	6	9	5	3
4	3	9	8	5	2	6	1	7
6	1	5	9	3	7	2	4	8

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The Boreal Chickadee

by JG Turner

The Boreal Chickadee is a typical member of the chickadee family: noisy, active and highly social. Although considered 'large' by chickadee standards, the Boreal Chickadee is a very small bird (weighing in at .2 - .4 oz or 7-12 g, 4.7-5.5" or 12-14 cm long). It has a dull brown cap, rufous (rich brown) sides and flanks and whitish cheeks, wears a black bib and has a tiny dark bill and short dark tail. All members of the Boreal Chickadee family share the same brown toned colouring. The Boreal Chickadee has the same flight pattern as its other chickadee relatives: it makes short flights from place to place on rapidly beating wings, alternating a few quick shallow strokes then pulling its wings to its sides to glide briefly before beating them again.

Fun Facts:

- This little bird is a year round resident in boreal forests in its range, which goes all the way up to the Arctic Circle, all across Canada.
- In Alberta, the Boreal Chickadee can be seen in the mountains, foothills, northern parklands and boreal

forests. It is the most common chickadee found in the extreme northeast and northwest of the province. The Black-capped Chickadee is more commonly found in Calgary.

- Its habitat is coniferous forests, but it can also be found in mixed woods forests, where it can be seen foraging for seeds, insects and their pupae and larvae, in the foliage of coniferous and deciduous trees, even hanging upside down to access a food source!
- Pairs remain together and they nest in holes in trees or stubs, such as in a natural cavity or old woodpecker holes.
- The Boreal Chickadee has several survival strategies for living in a cold climate:
 - it hides food in the fall;
 - it has denser feathers than most other birds and puts on heavier plumage in the fall, creating a comfortable 'parka' for itself; and
 - in cold weather, it can lower its body temp at night from 42C to 29C (108F to 85F) which conserves stores of insulating fat.

The Boreal Chickadee often flocks with other bird species in the winter and will visit backyard feeders, where they can be seen squabbling amongst themselves over access to the feeder. They are attracted by suet, raw sunflower seeds and shelled peanuts.

If you find an injured or orphaned Boreal Chickadee or other wild bird or animal, please contact the Calgary Wildlife Rehabilitation Society at 403-239-2488 for tips, instructions and advice, or look at the website at www.calgarywilodlife.org for more information.

CBE BOARD OF TRUSTEES

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Working together for our students

A locally accountable Board of Trustees is important. We are elected by the citizens of Calgary and we work hard to ensure parents, students and community members have a voice at the CBE. We advocate with all levels of government for public education and what is in the best interest of CBE students.

We listen and respond to the concerns and aspirations of parents, students, employees, public and government. Trustees provide this information to Administration, who in turn respond to and/or action this feedback. We have monitoring systems in place to ensure that once we identify priorities, they are carried out by our system.

As Trustees, we are active in our school communities. We listen and seek to understand more about what is important to our community. Recently, we've had conversations with parents about transportation, about the need for space for schools close to where our students live, funding for modernizing the existing schools in our system, and about the need for resources to support our diverse and complex system and all of our students in their learning. Even though we advocate for a large system, each student is unique and deserves the best public education experience we can provide.

We work hard to be strong advocates for our students and advocate for what is in the best interest of the CBE and public education.

The Board of Trustees believes in strong partnerships: with parents, students, staff, communities and all levels of government. By working together, we can make a difference for our students today and for our future.

If you would like to invite your Trustee to join you for your school council meeting or are interested in having a conversation with your Trustee, please contact us at boardoftrustees@cbe.ab.ca

You can contact the Board of Trustees at boardoftrustees@cbe.ab.ca.

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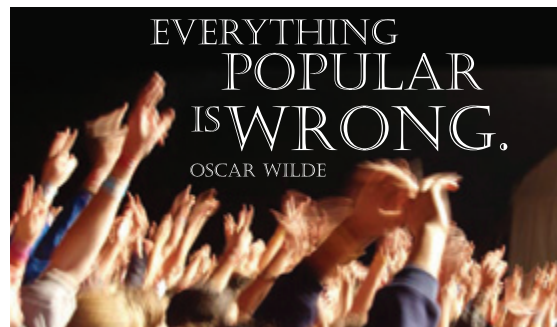
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by Dr. Tanja Haley, R.Psych.,
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Relationship Tips 101

Now that the holidays are over it's time to get back into normal routines, and it's also a good time to refocus on your connection with your partner. Since 1973 Dr. John Gottman has been studying what he calls the "Masters and Disasters" of relationships and came up with some very interesting findings. From these studies he has been able to predict with 90% accuracy which relationships will last, and which will fail. Dr. Gottman suggests the following tips that the Masters of relationships do to keep your relationship strong:

- 1. Seek help early.** The average couple waits six years before seeking help for relationship problems. Keep in mind, half of all relationships that end do so in the first seven years.
- 2. Edit yourself.** Couples who avoid saying every angry thought when discussing touchy topics are consistently the happiest.
- 3. Soften your "start up."** A partner can sometimes escalate an argument from the get-go by making a critical or contemptuous remark in a confrontational tone. Try a softer approach that will invite conversation.
- 4. Accept influence.** A marriage succeeds to the extent that the husband can accept influence from his wife. A husband's ability to be persuaded by his wife (rather than vice-versa) is so crucial because as research shows, women are already well practiced at accepting influence from men, and a true partnership only occurs when a husband is able to do so as well.

5. Have high standards. Happy couples have high standards for each other. The lower the level of tolerance for bad behavior in the beginning of a relationship (which sets the tone), the happier the couple is down the road.

6. Learn to repair and exit the argument. Happy couples know how to exit an argument, and how to repair the situation before an argument gets completely out of control. Successful repair attempts include changing the topic to something completely unrelated, using humor, or stroking your partner with a caring remark ("I understand that this is hard for you") to name a few. If an argument gets too heated, take a 20-minute break and agree to approach the topic again when you are both calm.

7. Focus on the bright side. In a happy relationship couples make at least five times as many positive statements to each other, about each other, and about their relationship, as opposed to negative ones. A good relationship must have a rich climate of positivity and a focus on making deposits to the "emotional bank account".

If you are in a relationship where there is a climate of negativity or you are not feeling as close to your partner as you'd like, don't avoid the signs. Seek help early if you need to, and start to build up the positivity that may currently be missing. The key is having a healthy "emotional bank account" in your relationship, and these seven tips can give you a head start.



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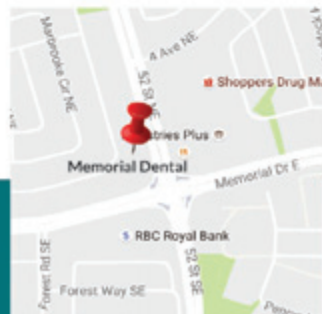
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